

# New Hampshire: Burden of Chronic Diseases, 1996

## Cardiovascular Diseases

- Cardiovascular diseases were the most common cause of death in New Hampshire in 1996, accounting for 3,912 deaths, or 42% of all deaths.
- Ischemic heart disease accounted for 1,940 deaths, or 21% of all deaths.
- Stroke was the cause of 686 deaths.

## Cancer

- Cancer accounted for 25% of all deaths in New Hampshire in 1996.
- Of all states, New Hampshire had the ninth highest rate of death due to colorectal cancer.
- The American Cancer Society estimates that 5,400 new cases of cancer will be diagnosed in New Hampshire in

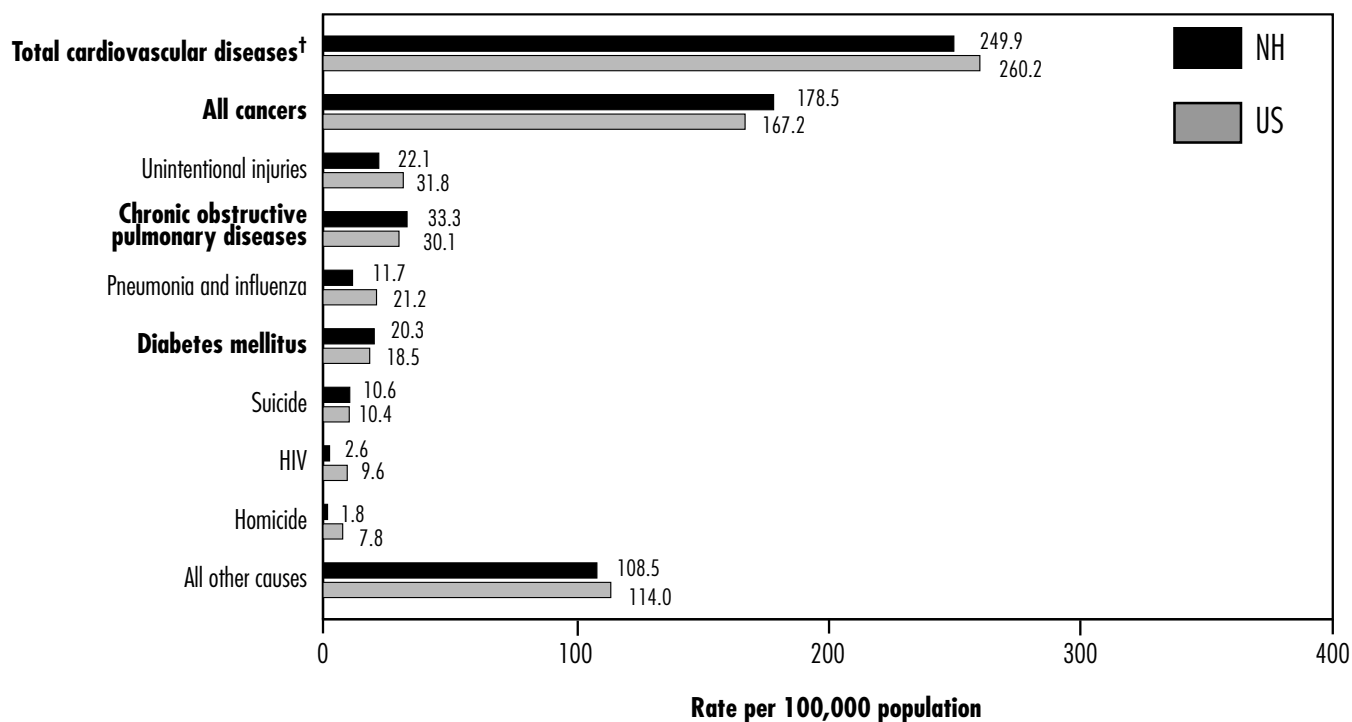
1999, including 800 new cases of lung cancer, 600 new cases of colorectal cancer, 700 new cases of prostate cancer, and 700 new cases of breast cancer in women.

- The American Cancer Society estimates that 2,500 New Hampshire residents will die of cancer in 1999.

## Diabetes

- In 1996, 35,632 adults in New Hampshire had diagnosed diabetes.
- Diabetes was the underlying cause of 286 deaths and a contributing cause of an additional 569 deaths.
- Rates of death due to diabetes were 70% higher among men than among women.

## Causes of Death, New Hampshire Compared With United States, 1996\*



\*Deaths per 100,000, age adjusted to 1970 total U.S. population.

†Total cardiovascular disease rates include rates of death due to ischemic heart disease (125.8 per 100,000 in New Hampshire and 131.0 per 100,000 in the United States) and rates of death due to stroke (41.4 per 100,000 in New Hampshire and 42.0 per 100,000 in the United States).

# New Hampshire: Risk Factors and Preventive Services, 1997 and 1998

## Risk Factors Among Adults

- In 1998, 26% of men and 21% of women in New Hampshire reported current cigarette smoking.
- No leisure-time physical activity was reported by 26% of women and 24% of men.
- Eating fewer than five servings of fruits and vegetables per day was reported by 79% of men and 66% of women.
- According to self-reported height and weight, 62% of men and 42% of women were overweight.

## Risk Factors Among High School Students

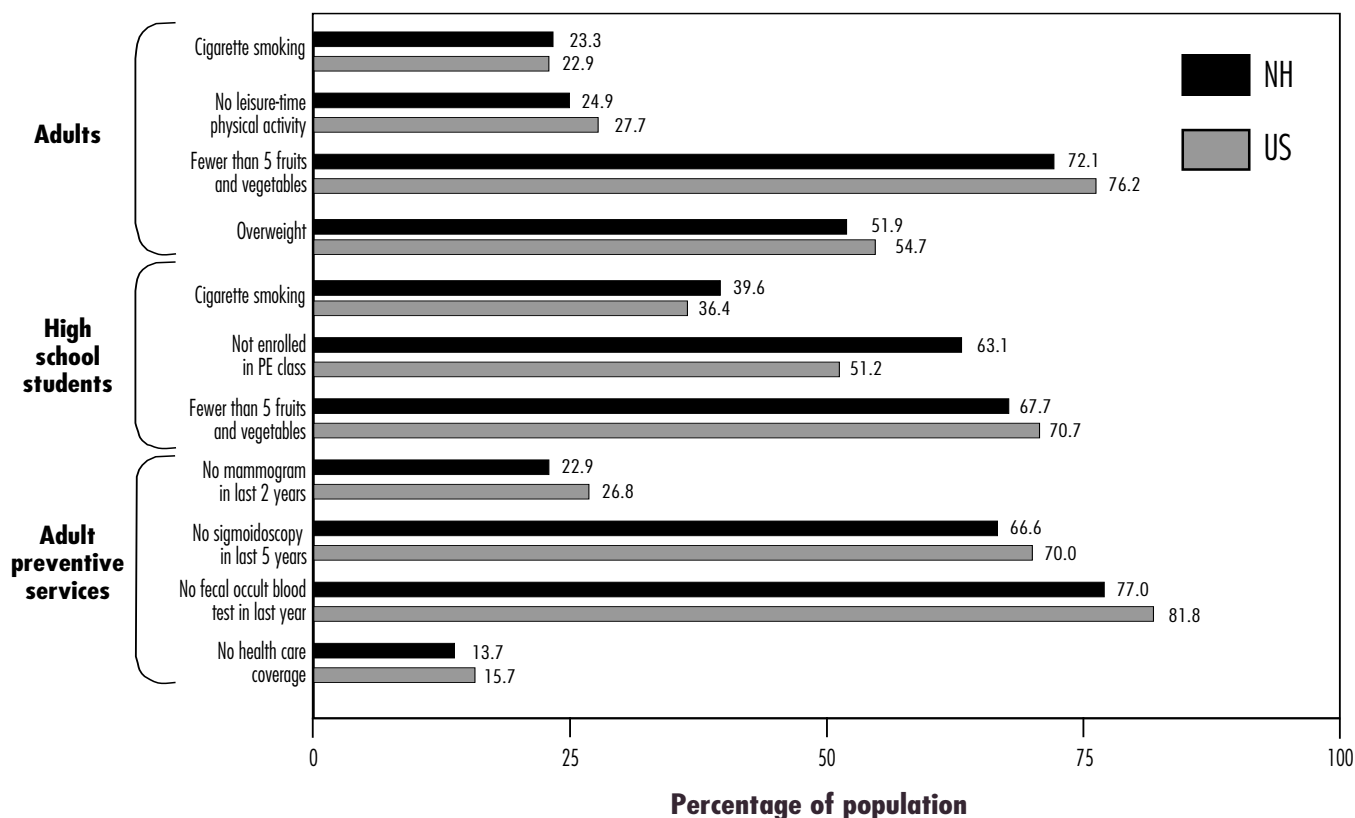
- In 1997, 43% of female and 36% of male students in New Hampshire reported smoking cigarettes.
- Not being enrolled in physical education classes was reported by 67% of female and 59% of male students.

- Eating fewer than five servings of fruits and vegetables per day was reported by 74% of female and 61% of male students.

## Preventive Services

- Of women aged 50 years or older, 23% reported not having had a mammogram within the last 2 years.
- Among adults aged 50 years or older, 73% of women and 59% of men reported not having had a sigmoidoscopy within the last 5 years.
- About 75% of both men and women aged 50 years or older reported not having had a fecal occult blood test within the last year.
- Among adults aged 18–64 years, no health care coverage was reported by 16% of men and 11% of women.

## Risk Factors and Preventive Services, New Hampshire Compared With United States



Source: CDC, Behavioral Risk Factor Surveillance System, 1997 and 1998.  
CDC, Youth Risk Behavior Surveillance System, 1997.